

DIVISION 1 COMPETITION RULES

6U

1. Shall play 8-minute quarters with an 8-minute halftime.
2. The defensive lineman must be lined up on the outside shoulder of the offensive guard.
All interior defensive lineman (Tackle to Tackle) Must be in a 3- or 4- point stance
(exception: DE). Defensive guards must engage the outside shoulder of the offensive guard before going into the “A” gap or 0,1,2, holes.
3. No nose guard allowed. Any linebacker inside the tackle box (Tackle to Tackle) must be 3 yards off the line of scrimmage.
4. Offensive plays are allowed to be run through the “A” gaps as long as it is a hand off. If QB runs the ball, they must run outside of guards but not behind center unless they are in shotgun formation 5 yards from the line of scrimmage before the snap.
5. Offensive center/ guards can’t have splits more than one arm length apart.
6. Coaches must be at least 10 yards behind the deepest player before the snap. Coaches cannot follow the play(s) down the field while a play is in progress or instruct his players either on offense or defense once the ball is snapped. 6u will have 2 coaches on the field.
7. Offensive NON-STICKERED players are not allowed to line up in the offensive backfield.
Offensive NON-STICKERED players are allowed to receive a pass but only in the end-zone.
8. Defensive NON-STICKERED players are allowed to advance fumbles and or interceptions.

9. The ready for play signal or time to snap the ball is 40 seconds.
10. No kick-offs/punts. Kick-offs will be placed on the 40-yard line. On the 4th down the team can go for a 1st down or announce a punt. The ball will be advanced 30 yards from the down marker: the ball cannot be advanced inside the 20-yard line.
11. Scoring: 6 points-TD, 1 point running extra point in, 2 points passing in extra point. (Must be a forward pass beyond the line of scrimmage). ALL PATs and field goals will be live.
12. Clock stops per TSSAA High School Rules. Clock will stop to move or reset chains.
13. Three Time-outs allowed per half.
14. Safety: Ball will be placed on the 50 yard-line.
15. Weight limit is 80lbs for 6U.
16. 3 points for a field goal and 2 points for an extra point field goal and all are live.

8U

1. Shall play 8-minute quarters with an 8-minute halftime.
2. Offensive center/ guards can't have splits more than one arm length apart.
3. The defensive lineman must be lined up on the outside shoulder of the offensive guard. All interior defensive lineman (Tackle to Tackle) must be in a 3-or-4-point stance (exception: DE). Defensive guards must engage the outside shoulder of the offensive guard before going into the "A" gap or O,1,2, holes.

4. A Nose Guard is allowed. Any Linebackers inside the tackle box (Tackle to Tackle) must be 3-yards off the line of scrimmage.
5. Coaches must be at least 10 yards behind the deepest player before the snap. Coaches cannot follow the play(s) down the field while a play is in progress or instruct his players either on offense or defense once the ball is snapped. 8u can have 1 coach on the field.
6. Offensive NON-STICKERED players are not allowed to line up in the offensive backfield. Offensive NON-STICKERED players are allowed to receive a pass but only in the end-zone.
7. Defensive NON-STICKERED players are allowed to advance fumbles and or interceptions.
8. The ready for play signal or time to snap the ball is 40 seconds.
9. No kick-offs/punts. Kick-offs will be placed on the 40-yard line. On the 4th down the team can go for a 1st down or announce a punt. The ball will be advanced 30 yards from the down marker: the ball cannot be advanced inside the 20-yard line.
10. Scoring: 6 points-TD, 1 point running extra point in, 2 points passing in extra point. (Must be a forward pass beyond the line of scrimmage). ALL PATs and field goals will be live.
11. Clock stops per TSSAA High School Rules. Clock will stop to move or reset chains.
12. Three Time-outs allowed per half.
13. Safety: Ball will be placed on the 50 yard-line.
14. Weight limit is 105lbs for 8u
15. 3 points for a field goal and 2 points for an extra point field goal and all are live.

10U

1. Shall play 8 – minute quarters and an 8-minute halftime.
2. 30 seconds for ready, play, snap.
3. Kick-off and punting are mandatory. Kick-off is from the 40 -yard line on 100-yard fields. Punters and kickers do not have to be stickered. It is also a dead ball until punted. Punter cannot walk up to the line of scrimmage and kick the ball. Must be at least 5 yards from the line of scrimmage to punt.
3. On 4th down, the team can go for the 1st down or they have to punt. It is a dead ball until punted.
4. No Coaches Allowed on the Field.
5. Scoring: 6 points for TD, 1 point -running in extra point, 2 points passing in extra point, must be a forward pass and beyond the line of scrimmage. All PATs and field goals will be live.
6. Normal clock stops per TSSAA High School Rules. Clock stops to move/reset chains.
7. Three timeouts allowed, per half.
8. Nose Guard may be positioned over the center, and must be in a 3- or 4-point stance
9. Interior defensive lineman are not required to be in a 3- or 4-point stance (exception: Nose Guard)
10. Offensive center/guards can't have splits more than one length apart.
11. Offensive NON-STICKERED players are not allowed to line up in the offensive backfield.
Offensive NON-STICKERED players are allowed to receive a pass but only in the end-zone.
12. Defensive NON-STICKERED players are allowed to advance fumbles and or interceptions.
13. Weight limit is 130lbs for 10U.

14. 3 points for a field goal and 2 points for an extra point field goal and all are live.

12U

1. Shall play 8 – minute quarters with an 8-minute halftime.

2. 25 seconds for ready, play, snap.

3. Kick-off and punting are mandatory. Kick-off is from the 40 -yard line on

100-yard fields. Punters and kickers do not have to be stickered. Kick-off and punts will be live.

4. Scoring: (6) points-TD. Extra Points will be (2) Points-passing or (1) point running in. (3)

points-field goal. Rushing allowed on field goal. Must be a forward pass. All PATs and field goals

will be live. Onside kicks can be inside or outside of the hash marks.

5. Normal clock stops per TSSAA High School Rules. Clock will stop to move or reset chains.

6. No Coaches Allowed on the Field.

7. Three-time outs allowed, per half.

8. Interior linemen are not required to be in a 3- or 4-point stance.

9. No weight limit

10. No Players that Play Middle School Football will be allowed on the TSYFL Roster.

11. 3 points for a field goal and 2 points for an extra point field goal and all are live.

Weight Limit /Illegal Players:

There is a weight limit for all offensive backs in each age group. All offensive backs must weigh in and have their weight recorded at the approved Weigh-in/ Player Certification Day. No

weigh-ins will be allowed after the last scheduled weigh-in. A control # will be on each sticker and the # will be recorded. A non-stickered player may not line up in the offensive backfield. Any weigh-in must be observed by at least two TSYFL officials. There is no weight limit on offensive ends or receivers going out for a pass. Offensive ends and receivers cannot run the end around or reverse if they have not been properly weighed in and had their weight recorded. There will be no limit placed on the number of kids that can run the ball.

6u- 80 lbs

8u- 105 lbs

10u- 130 lbs

12u- no weight limit

OTHER RULES:

- 1.) Birthday cut off for both division is May 1.
- 2.) Ranking tie breakers will be determined in the following manner:
 - a. Head-to-Head Record
 - b. Total Points Allowed
- 3.) A running clock will be implemented once a 24 pt deficit has been achieved.
- 4.) State IDs will be required in place of birth certificates.
- 5.) Each team shall have a maximum of 30 players. Teams must split after the 30-player max is reached.
- 6.) No penalty for endzone celebration. Taunting is not allowed.
- 7.) Tournament play is allowed before, during and after the season.

Division 2 Recreational Rules

7u

1. Shall play 8-minute quarters with an 8-minute halftime.
2. The defensive lineman must be lined up on the outside shoulder of the offensive guard. All interior defensive lineman (Tackle to Tackle) Must be in a 3- or 4- point stance (exception: DE). Defensive guards must engage. the outside shoulder of the offensive guard before going into the "A" gap or 0,1,2, holes.
3. Nose guard is NOT allowed. Any linebacker inside the tackle box (Tackle to Tackle) must be 3 yards off the line of scrimmage.
4. Offensive plays are allowed to be run through the "A" gaps as long as it is a hand off. If QB runs the ball, they must run outside of guards but not behind center unless they are in shotgun formation 5 yards from the line of scrimmage before the snap.
5. Offensive center/ guards can't have splits more than one arm length apart.
6. Coaches must be at least 10 yards behind the deepest player before the snap. Coaches cannot follow the play(s) down the field while a play is in progress or instruct his players either on offense or defense once the ball is snapped. 7u will have 2 coaches on the field.
7. Offensive NON-STICKERED players are not allowed to line up in the offensive backfield. Offensive NON-STICKERED players are allowed to receive a pass but only in the end-zone.
8. Defensive NON-STICKERED players are allowed to advance fumbles and or interceptions.
9. The ready for play signal or time to snap the ball is 40 seconds.
10. No live kick-offs/punts. Kick-offs will be placed on the 35-yard line. On the

4th down the team may go for a 1st down or announce a punt. The ball will be advanced 30 yards from the down marker: ball cannot be advanced inside the 20-yard line.

11. Scoring: 6 points-TD, 1 point running extra point in, 2 points passing in extra point. (Must be a forward pass beyond the line of scrimmage). ALL PATs and field goals will be live.

12. Clock stops per TSSAA High School Rules. Clock will stop to move or reset chains.

13. Three Time-outs allowed per half.

14. Safety: Ball will be placed on the 50 yard-line.

15. Weight limit is 80lbs for 7U.

16. 7U: Each practicing player must play starting position 1st and 3rd quarter. No playing time rules will apply in playoffs If you have more than 22 players the extra players will have a starting position 2nd and 4th quarter. There are no playing rules in the playoffs.

17. 3 points for a field goal and 2 points for an extra point field goal and all are live.

9U

1. Shall play 8 – minute quarters and an 8-minute halftime.

2. 30 seconds for ready, play, snap.

3. No live kick-offs/punts. Kick-offs will be placed on the 35-yard line.

On the 4th down the team can go for a 1st down or announce a punt. The ball will be advanced 30 yards from the down marker: ball cannot be advanced inside the 20-yard line.

4. One coach is allowed on the field.

5. Scoring: 6 points for TD, 1 point -running in extra point, 2 points passing in extra point, must be a forward pass and beyond the line of scrimmage. All PATs and field goals will be live.
6. Normal clock stops per TSSAA High School Rules. Clock stops to move/reset chains.
7. Three-time outs allowed, per half.
8. Linebackers / Defensive Backs that are inside of the tackle box (tackle to Tackle) must play 3 yards deep from the line of scrimmage and cannot rush any gaps until the ball is snapped.
10. All interior defensive linemen (Tackle to Tackle) MUST be in a 3- or 4-point stance (exception: DE) Nose Guard is allowed.
11. Offensive center/guards can't have splits more than one arm length apart.
12. Offensive NON-STICKERED players are not allowed to line up in the offensive backfield. Offensive NON-STICKERED players are allowed to receive a pass but only in the end-zone.
13. Defensive NON-STICKERED players are allowed to advance fumbles and or interceptions.
14. Weight limit is 105 lbs for 9U.
15. 3 points for a field goal and 2 points for an extra point field goal and all are live.

11U

1. Shall play 8 – minute quarters and an 8-minute halftime.
2. 30 seconds for ready, play, snap.

3. No live kick-offs/punts. Kick-offs will be placed on the 30-yard line.

On the 4th down the team can go for a 1st down or announce a punt. The ball will advance 30 yards from the down marker:

ball cannot be advanced inside the 20-yard line.

4. Scoring: 6 points for TD, 1 point -running in extra point, 2 points passing in extra point, must be a forward pass and beyond the line of scrimmage.

All PATs and field goals will be live.

5. Normal clock stops per TSSAA High School Rules. Clock stops to move/reset chains.

6. Three-time outs allowed, per half.

7. Linebackers / Defensive Backs that are inside of the tackle box (tackle to Tackle) must play 3 yards deep from the line of scrimmage and cannot rush any gaps until the ball is snapped.

8.. All interior defensive linemen (Tackle to Tackle) MUST be in a 3- or 4-point stance (exception: DE) Nose Guard ARE allowed.

9. Offensive center/guards can't have splits more than one arm length apart.

10. Offensive NON-STICKERED players are not allowed to line up in the offensive backfield. Offensive NON-STICKERED players are allowed to receive a pass but only in the end-zone.

11. Defensive NON-STICKERED players are allowed to advance fumbles and or interceptions.

12. Weight limit is 125 lbs for 11U.

13. 3 points for a field goal & 2 points for an extra point field goal. Both are live.

OTHER RULES:

1.) Birthday cut off is May 1st.

- 2.) Teams must split after the 29th player.
- 3.) Ranking tie breakers will be determined in the following manner:
 - a. Head-to-Head Record
 - b. Total Points Allowed
- 4.) Mercy Rule is applicable.
- 5.) Headsets or electronic communication devices are not allowed on the sideline.
- 6.) Endzone celebrations are not permitted as per the TSSAA rules.
- 7.) Tournament play is NOT allowed during the regular season & playoffs.
- 8.) D2 programs shall not begin practice until June 1st at which time no pads are allowed (conditioning only). The TSSAA dead period will be observed. Therefore, no practice in the last week of June and first week of July. Helmet & pads practices may begin immediately following the dead period.

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